

SIPPICAN SOUNDINGS

News from the Marion Council on Aging

FEBRUARY 2018

The Council on Aging's mission is to advocate on behalf of Marion's Older Adult population and to strive to enhance quality of life in the community by providing educational, recreational, and cultural programs and activities.

Marion Council on Aging

465 Mill Street

Marion, MA 02738

Office: 508-748-3570

www.facebook.com/marioncoa

www.marionma.gov/coa

COA Office Hours: Monday—Friday 9:00 a.m.—3:00 p.m.

Karen Gregory, Director; kgregory@marionma.gov

The Monday Lecture Series

Monday, February 5th, 12:30 p.m.

Native Pollinators. Introduced in the early 1600, the European honey bee (*Apis mellifera*) has become somewhat of a celebrity these days. But, how much do you know about the other pollinators in your area? Many of these insects fly under our radar, but their importance cannot be overstated. Native bees, butterflies, moths, and other insects are instrumental in pollinating many of our flowering plants. This program will provide a generalized overview of many of the important native pollinators found in New England. We will briefly go over several types of insects, their lifecycles, and the plants that they pollinate. Come learn about these beneficial insects living in your own backyard and garden. This program is being conducted by Blake Dinius, Entomologist Extension Educator with Plymouth County.

Monday, February 12th, 12:30 p.m.

Chocolate 101. What is it about this delicacy that makes mouths water? How did this food get such a bad reputation? And did you know that chocolate is good for you? All the questions you've ever had about chocolate are answered in this workshop. *Chocolate 101* is not for the faint of heart, as we will sample the best chocolates from the world over, ranging from white chocolate, all the way to 99% cacao. So, if chocolate is an invaluable part of your life, this program is for you! This program is being presented by History at Play. **Space is limited for this workshop—Registration is required.** Please call 508-748-3570 to register.

Monday, February 26th, 12:30 p.m.

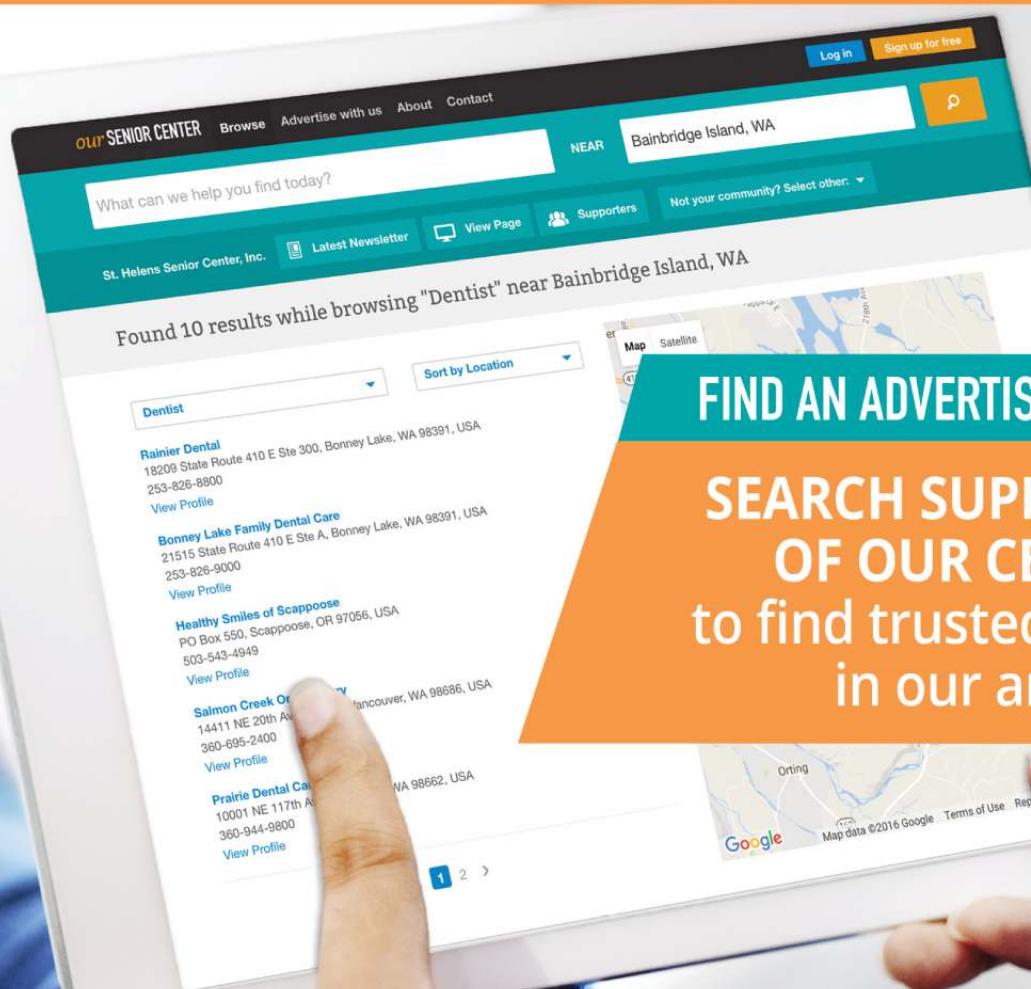
The Elephant Sanctuary in Tennessee. The Elephant Sanctuary in Tennessee exists to provide captive elephants with individualized care, the companionship of a herd, and the opportunity to live their lives in a safe haven dedicated to their well being, educate the public of the complex needs of elephants in captivity and the crisis facing elephants in the wild. The Sanctuary is currently home to 10 elephants retired from zoos and circuses, many of whom suffer long-term health and behavioral issues common to elephants that have spent their lives in captivity. The Sanctuary employs a fully integrated team of veterinarians and caregivers who provide high quality care by using positive reinforcement and protected contact to safely meet the needs of each elephant in their care. Program to be led by Liisa Budge-Johnson, Outreach Coordinator with the Plymouth County Sheriff's Department and Elephant Sanctuary volunteer.

INCLEMENT WEATHER POLICY

When the Marion public schools are closed due to a weather related emergency, COA sponsored activities will also be cancelled. If it is school vacation or you just aren't sure, please call the COA office, 508-748-3570. Even if we are closed the voicemail will be updated.

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REASSURANCE PROGRAM

Are you looking for a way to feel safe and connected? The Marion Police Department offers Telephone reassurance program for seniors living in town who would like to add that extra layer of security to their daily routine. Once registered you are asked to call the station everyday between the hours of 6:00 a.m. - 10:00 a.m. to let the police know all is well. If the police department does not hear from you by 10:00 a.m., an officer will call the house to make sure all is well. If there is no answer someone is dispatched to the home to check on your well being. This program has been successful in assisting residents who were sick or injured. People suffering from serious medical problems or who had experienced a fall and could not get off the floor were located in a matter of hours instead of days. Any senior who wishes to participate can stop by the Marion Police Station or the COA office to obtain an application.

DENTAL CLEANINGS & SCREENINGS

As we age, our dental needs become more complicated and many push dental exams off until major problems occur. The Visiting Dental Hygienist Program provides consumers with a public health dental hygienist that travels to the Community Center with a mobile dental unit providing dental cleanings, screenings, oral health information and education, including denture adjustments and cleanings. The Visiting Dental Hygienist Program is made possible, in part, by Coastline Services. You must be age 60+ with no dental insurance or limited financial means. To schedule your appointment for Tuesday, April 17th, call Holly Petruzzo, RDH, 774-766-7238.

PODIATRY CLINIC

Dr. Harry Shoemaker, D.P.M. provides podiatry services at the Community Center. Please call 508-748-3570 to find out the date of his next clinic and to schedule your appointment.

Poise Pads

We recently received a sizeable donation of Poise Pads for bladder leakage protection. If you have a need for such an item stop by the COA and ask for Karen. Delivery could also be arranged call 508-748-3570 for more information.

HOME DELIVERY LIBRARY SERVICE

The Elizabeth Taber Library, in partnership with the Council on Aging, is pleased to offer home delivery services to those Marion residents that need this service. To be eligible for this program, you must be a Marion resident with a library card in good standing. Before delivering materials to your home, a brief phone interview must be conducted with Libby O'Neill, the Library Director, to discuss your areas and authors of interest. To arrange to have library books or audio books delivered to your home, please call the Elizabeth Taber Library at 508-748-1252.

SIPPICAN HISTORICAL SOCIETY'S CLASSIC MOVIE SERIES

February 9th - The King's Speech

March 9th - L.A. Confidential

April 13th - Hud

May 11th - The Last Picture Show

Movies begin at 7:00 p.m. and are shown at
The Music Hall

TRIP TO SOUTH SHORE CONSERVATORY COFFEE BREAK CONCERT SERIES

Enjoy a delightful performance by South Shore Conservatory faculty members.

Performing—The Elan Mehler Trio

February 27th, depart from the Community Center at
9:45 a.m.

Admission is free, donations greatly appreciated.
Sign ups begin on February 13th by calling the COA office at 508-748-3570.

MY SENIOR CENTER SCAN SYSTEM

Have you signed up for your scan card yet? Stop by the reception desk to sign up, then scan in every time you come to the COA, whether it is for lunch, to attend one of our many events, or any other reason. We utilize the data that is collected in applying for grants. Starting in February we will be giving a PRIZE for the senior who has scanned in for the most events that month

February 2018 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 a.m. Tai Chi \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00p.m.—2:30 p.m. Memory Loss Support Gr 1:00p.m.—3:00 p.m. 50+ Jobseekers 1:00p.m.—4:00 p.m. Duplicate Bridge, \$3	2 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, \$4
5 9:00 a.m. Dance Fit 10:15 a.m. Yoga 11:30 a.m. Lunch 12:30 p.m. Lecture— Native Pollinators	6 11:30 a.m. Lunch	7 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	8 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00p.m.—4:00 p.m. Duplicate Bridge, \$3	9 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, \$4
12 9:00 a.m. Dance Fit 10:15 a.m. Yoga 11:30 a.m. Lunch 12:30 p.m. Lecture— Chocolate Workshop Reistration Required	13 9:00 a.m.— 11:00 a.m. Basket Weaving Registration Required 11:30 a.m. Lunch	14 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	15 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00p.m.—2:30 p.m. Memory Loss Support Gr 1:00p.m.—4:00 p.m. Duplicate Bridge, \$3	16 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, \$4
19 The Marion Council on Aging will be closed in observance of President's Day	20 11:30 a.m. Lunch	21 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.-12:30 p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	22 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00p.m.—4:00 p.m. Duplicate Bridge, \$3	23 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, \$4
26 9:00 a.m. Dance Fit 10:15 a.m. Yoga 11:30 a.m. Lunch 12:30 p.m. Lecture— Elephant Sanctuary of Tennessee	27 9:00 a.m.— 11:00 a.m. Basket Weaving Registration Required 11:30 a.m. Lunch	28 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.-12:30 p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café		

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HOME SECURITY TEAM

Thank you to
everyone who
helped make the
holidays at the
Council on Aging
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MEMORY LOSS SUPPORT GROUP

Biweekly on Thursdays, 1:00 p.m.—2:30 p.m.
Benjamin D. Cushing Community Center
465 Mill Street, Marion.

This support group led by Patricia Midurski, RN, CDP and Carol McAfee, LPN, CDP of Community Nurse Home Care is appropriate for individuals with memory loss **and** their care partner.

All participants must be independent in their ADLs to attend. Free, but pre-registration is required. Please contact Karen Gregory, 508-748-3570.

Winter Meeting Dates:

- | | |
|-----------------|--------------|
| ◇ February 1st | ◇ March 1st |
| ◇ February 15th | ◇ March 15th |
| | ◇ March 29th |

WATERFRONT MEMORY CAFE

Every Wednesday

11:30 a.m. Lunch

12:30 p.m.—2:00 p.m. Activities

Weekly programming for individuals with Alzheimer's or other memory loss; **with their care partner, family or friends**, in a safe, supportive and engaging environment.

The Marion Waterfront Café is sponsored by funding from The MA Association of Councils on Aging, MA Executive Office of Elder Affairs, Marion Police Brotherhood, Southcoast Community Grants Program and Friends of the Marion Visiting Nurse.



February 2018



Must RSVP 24 hours in advance (by 11:00a.m.)
508-748-3570.

Monday	Tuesday	Wednesday	Thursday	Friday
	Come Join Us On Tuesdays for our Ethnic Meal Series!		1 Sodium (mg): Na* Meatloaf w/ 131 Onion Mushroom Gravy 110 Parsley Mash. Potato 63 Tarragon Carrots 77 Oatmeal Bread 121 Mixed Fruit 10	2 Sodium (mg): Na* Potato Pollock Filet 150 Tartar Sauce 261 Whipped Sweet Potato 33 Mixed Vegetables 41 Dinner Roll 160 Mandarin Oranges 6
			Total Sodium: 512 Calories: 558 Carbs: 78	Total Sodium: 650 Calories: 588 Carbs: 85
5 Roast Chicken w/ Apricot Sauce White/Brown Rice Peas & Mushrooms Honey Wheat Bread Applesauce	6 German Beef Stew W/ Vegetables Cheesy Mash. Potato Multigrain Roll Fresh Orange	7 Roast Turkey w/ Gravy Cranberry Sauce (2) Mashed Potato Winter Squash WW Bread Oreo Brownie Diet: Graham Wafers	8 Macaroni & Cheese Tomato Florentine Green Beans Fruit Muffin Pineapples	9 Chicken Stew w/ Vegetables Mashed Potato WW Roll Cinnamon Apples
Total Sodium: 683 Calories: 480 Carbs: 66	Total Sodium: 520 Calories: 637 Carbs: 81	Total Sodium: 543 Calories: 786 Carbs: 121	Total Sodium: 631 Calories: 667 Carbs: 103	Total Sodium: 500 Calories: 517 Carbs: 70
12 Shredded Cheese American Chop Suey Roman Vegetables Dinner Roll Pears Yogurt Cup	13 Unsalted Saltines Spanish Soup Chicken w/ Peach Salsa Spanish Rice WW Roll Mandarin Oranges	14 Shredded Cheese Stuffed Shells w/ Tomato Sauce California Vegetables Oatmeal Roll Red Velvet Cupcake Diet: Low Sugar Cake	15 Cheeseburger Ketchup & Mustard Potato Wedges Cabbage & Carrots WW HB Roll Peaches	16 "Catch of the Day" Lemon Dill Sauce Florentine Rice Brussel Sprouts Multigrain Bread Mixed Fruit
Total Sodium: 663 Calories: 627 Carbs: 79	Total Sodium: 597 Calories: 425 Carbs: 58	Total Sodium: 989 Calories: 634 Carbs: 89	Total Sodium: 833 Calories: 676 Carbs: 69	Total Sodium: 685 Calories: 403 Carbs: 57
19 No Meals Served  Presidents Day	20 BBQ Chicken Rice w/ Black Eyed Peas Asparagus Fruit Muffin Cinnamon Apples	21 Swedish Meatballs Egg Noodles Broccoli Florets w/ Cheese Sauce Oatmeal Roll Chocolate Pudding Diet: Low Sugar Pudding	22 Hot Dog Mustard & Relish Baked Beans Spring Vegetables HD Roll Pears	23 Shredded Cheese Spanish Omelette Hash Browns Garlic Button Mushrooms Multigrain Bread Applesauce
	Total Sodium: 716 Calories: 457 Carbs: 70	Total Sodium: 783 Calories: 660 Carbs: 74	Total Sodium: 994 Calories: 618 Carbs: 74	Total Sodium: 927 Calories: 586 Carbs: 66
26 Curry Chicken Israeli Couscous Beets Glazed Carrots WW Bread Mandarin Oranges	27 Shredded Cheese Minestrone Soup Penne Pasta w/ Meat Sauce Brussel Sprouts WW Roll Banana	28 Tuna Salad German Potato Salad Cole Slaw Oatmeal Roll Tiramisu Diet: Low Sugar Cake	We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack. Congregate Meal participants may take home packaged bread, desserts and milk.	
Total Sodium: 830 Calories: 486 Carbs: 78	Total Sodium: 753 Calories: 728 Carbs: 96	Total Sodium: 880 Calories: 517 Carbs: 75	All Meals include: Milk: 110 Calories 125mg Sodium 13g Carbs Margarine: 36 Calories 47mg Sodium	

Meals are based on a No-Added Salt (3-4 gm/day) Diet for Healthy Older Adults : * Indicates a food with more than 500mg sodium

"Catch of the Day" will vary based on availability : Menu is subject to change without notice

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MARION SOCIAL CLUB AND MARION COUNCIL ON AGING
PRESENT
A TRIP TO FOXWOODS

Saturday—March 24th
Depart the Benjamin D. Cushing Community Center at 9:00 a.m.
Spend from 11:00 a.m. - 4:00 p.m. at Foxwoods
Arrive back in Marion at approximately 6:00 p.m.
Cost of the trip is \$30.00 which includes a free buffet and \$10.00 slot play.
Stop by the COA to sign up. Checks should be made payable to Marion Social Club.

50+ JOB SEEKERS NETWORKING GROUP

If you are unemployed and actively looking, seeking new career direction, recently retired and looking for your “Encore Career” and in the 50+ demographic, this is the program for you. Facilitated by an Experienced Career Coach you will learn many tools and strategies needed for a successful job search. Meetings are held the 1st Thursday of the month at the Marion COA, call 508-748-3570 for more information.
This program is funded by the Massachusetts Association of Councils on Aging (MCOA).

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The Marion Council on Aging assures that no person shall, on the basis of race, color, national origin or income be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity receiving Federal financial assistance, as required by Title VI of the Civil Rights Act of 1964, as amended, and the Civil Rights Restoration Act of 1987 (P.L. 100.259), and federal Executive Order 12898 (Federal Actions to Address Environmental Justice in Minority Populations and Low Income Populations). Further the Marion Council on Aging will make every effort to ensure nondiscrimination in all of its programs and activities, whether they are federally funded or not, and that services and benefits are fairly distributed to all people.
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